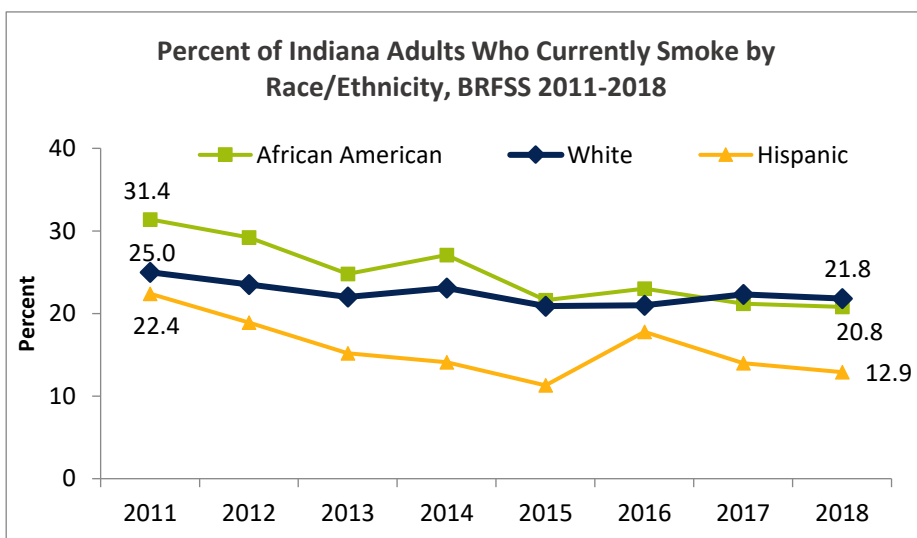


# Indiana Latinos and Smoking

Tobacco use is the leading preventable cause of death in the United States.<sup>1</sup> Furthermore, smoking is a significant risk factor for cancer, heart disease, and stroke - three of the five leading causes of death among Latinos.<sup>1,2</sup>

## Smoking among Latinos in Indiana and the U.S.

- In 2018, about 12.9% of Latino adults in Indiana were current smokers.<sup>3</sup> This was somewhat lower than the 2017 U.S. median smoking prevalence among Latinos (13.5%).<sup>4\*</sup>
- After declining steadily between 2011 and 2015, in 2016 smoking prevalence among Hoosier Latinos rose from 11.3% in 2015 to 17.8%. The current smoking rate (12.9%) is now down to rates comparable to what was seen in 2015 (11.3%) and 2014 (14.1%).
- Smoking prevalence has historically been lower among Hoosier Latinos than among whites and African Americans.<sup>3†</sup> In 2017, this trend continued, including a statistically significant differences in smoking prevalence among Latinos and whites.



### Quick Facts:

*In 2018, about **12.9%** of Hoosier Latino adults were current smokers.*

*In 2018, **3.3%** of Latino high school students in Indiana were current smokers.*

*Among Hoosier adults, smoking prevalence has historically been lower among Latinos than among whites and African Americans.*

*Smoking increases the risk of **cancer, heart disease, and stroke** – three of the five leading causes of death among Latinos.*

*Smoking increases the risk of developing **type 2 diabetes**.*

## Smoking and Lung Cancer among Latinos

Smoking causes over 82% of lung cancer deaths among adults nationwide.<sup>1</sup> Lung cancer is the leading cause of cancer deaths among Latino men and the second leading cause of cancer deaths among Latina women.<sup>5</sup>

\* Among 49 states and the District of Columbia with Behavioral Risk Factor Surveillance System (BRFSS) data reported for Hispanic/Latino adults.

† African Americans and whites include only non-Hispanic/non-Latino individuals. Hispanic/Latino individuals may be of any race.



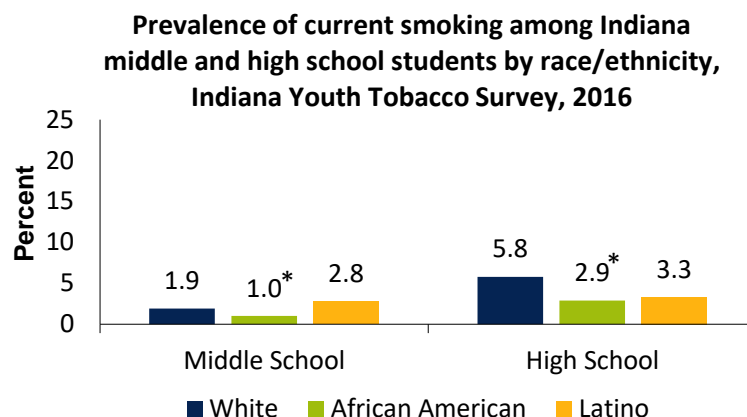
# Indiana Latinos and Smoking

## Smoking and Cardiovascular and Metabolic Diseases

- Nearly 20% of all cardiovascular and metabolic disease deaths among adults ages 35 and older in the U.S. are due to smoking.<sup>1</sup>
- Smokers have an approximately 30-40% higher risk of developing type 2 diabetes than nonsmokers.<sup>1</sup>

## Indiana Latino Youth Smoking<sup>6</sup>

- In 2018, 2.8% of Latino middle school students were current smokers, compared with 1.9% of white middle school students and 1.0% of African American middle school students.
- Latino high school students smoked at significantly lower rates (3.3%) than white students (5.8%) but at slightly higher rates than African American students (2.9%) in 2018.



## Resources for Quitting Tobacco

The Indiana Tobacco Quitline (1-800-QUIT-NOW) offers free, evidence-based cessation services to help tobacco users quit. Quitline services are available in several languages, including Spanish. Tobacco users may call 1-800-QUIT-NOW or visit [www.quitnowindiana.com](http://www.quitnowindiana.com) for more resources and information about quitting tobacco.

<sup>1</sup> U.S. Department of Health and Human Services. The Health Consequences of Smoking: 50 Years of Progress. A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014. Printed with corrections, January 2014.

<sup>2</sup> Heron M. Deaths: Leading causes for 2013. National vital statistics reports; vol 65 no 2. Hyattsville, MD: National Center for Health Statistics. 2016.

<sup>3</sup> Indiana Behavioral Risk Factor Surveillance System, 2011-2018.

<sup>4</sup> Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health. Chronic Disease and Health Promotion Data & Indicators. [online] Accessed 9/21/2017. Available from [https://chronicdata.cdc.gov/d/wsas-xwh5?category=Survey-Data&view\\_name=Behavioral-Risk-Factor-Data-Tobacco-Use-2011-to-pr](https://chronicdata.cdc.gov/d/wsas-xwh5?category=Survey-Data&view_name=Behavioral-Risk-Factor-Data-Tobacco-Use-2011-to-pr).

<sup>5</sup> American Cancer Society. *Cancer Facts & Figures for Hispanics/Latinos 2015-2017*. Atlanta: American Cancer Society; 2015.

<sup>6</sup> Indiana Youth Tobacco Survey, 2018.

\*Relative standard error >30%. Estimates may be unstable and should be interpreted with caution.

Updated 11/13/2019